

# LYNN COUNCIL ON AGING SENIOR CENTER



**June  
2015**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

...the dreaded wrinkle debate

Not an age related debate- a traditional pressing debate... IRONING!

Imagine if shirts really were wrinkle free? I spent over an hour ironing four shirts for my upcoming work week. And before we debate my laundering habits, they were all hot from the dryer. One had a label that said "wrinkle free". One said, "easy-care". The third said, "no iron" and the last said wrinkle resistant. Are these industry terms standard and interchangeable? What does it really matter when I'm pressing all of them? So, I hit the internet. What a search! Did you know some shirts are chemically treated? Cotton comes in an organic choice? And Consumer Reports rates the smooth finish of shirts after so many washings? The amount of time I surfed these topics, I could have had the following weeks shirts ironed! Remember the days when our grandparents ironed the bed sheets? Oh boy...Where would I find the time? Who cares about wrinkles? Well, I do.

*~Stacey Minchello*

## From Your Mayor

As we approach the end of another school year, I look forward to celebrating graduation with our city's high school seniors, and I wish them the best of the luck as they move on to college or the workforce. For those of you with grandchildren or relatives in the Class of 2015, I hope you can join them and share in this joyful occasion.

With the warmer weather moving in, our thoughts are quickly turning to summer. On July 3, we will again be joining Swampscott to host the fireworks display at Red Rock Park and are having a series of fundraisers to subsidize our share of the cost.

The Lynn ferry service to Boston, which successfully launched last year, has returned for a second season. Not only is it exciting to see the additional activity along our waterfront, but there is also the added benefit of having people from other communities come to Lynn and see first-hand what we have to offer.


At the Lynn Auditorium, a rock opera will kick off the month of entertainment on June 5. Air Supply will be making a stop in Lynn on June 12 as part of its 40<sup>th</sup> anniversary tour and Celtic Woman will perform on June 28. For information and tickets, please call the Box Office at 781-581-2971.

Finally, as we celebrate Father's Day and Flag Day this month, it is a perfect time to reflect on how fortunate we are to live in the city and this country, surrounded by loved ones. It is a time to thank all of our dedicated veterans for their years of service and a time to remind all of our fathers and grandfathers how much they are appreciated.

Best wishes for a safe, enjoyable and warm summer.

Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Rosa Paulino-Diaz  
Assistant ext. 625  
Heather Mello-Scholtz  
Program Coordinator ext. 618

### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

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Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

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President  
Vice-President  
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Membership Secretary

Meets last  
Thursday  
monthly at 10 am

## Welcome Heather!


The Lynn Council on Aging Senior Center proudly announces their new Program Coordinator:

### Heather Mello-Scholtz

Heather comes to us from California courtesy of the US Coast Guard in which her husband Mike is enlisted. She received her Bachelor's of Science Social Science from CSU Chico and has over 28 years of work experience in various Community Programs and Recreation. Swing in and introduce yourself to Heather! She may be reached at 781-586-8618 or [Hmello-scholtz@glss.net](mailto:Hmello-scholtz@glss.net)

## JUNE HAPPENINGS

Trip sign-ups begin, Fri, May 29th

- Tues, June 2 **Hearing Clinic – Fireplace Lounge** 10:00 a.m. – 11:00 p.m.
- Thurs, June 4** Birthday Karaoke  11:30 a.m. – 1:00 p.m.  
**Same time! Same Christie! Different Day**
- Thurs, June 4** **WELCOME The North Shore Navigators!** 11:30 am
- Mon, June 8** **Field Trip: Showcase Revere Cinema** \$2 12:15 pm – 2:45 pm  
**Movie: My Man Godfrey** \$2 includes small popcorn and soda
- Tues, June 9 **Blood Sugar AND Blood Pressure Clinic** 8:00 a.m. – 9:30 a.m.
- Tues, June 9 **FOXWOODS CASINO** \$28 7:00 a.m. – 6:30 p.m.  
 Pre-paid reservation required.  
 Must have 40 registrations by June 1st. Sign up early!
- Weds, June 10** **Computer Classes Start!** 10 am  
 Pre-paid registration required to reserve a seat-  
 Call Mayra 781-586-8546 - \$60 for 5 weeks
- Thurs, June 11 **Podiatry Appointments** 10:00 am– 12:00 pm
- Fri, June 12 **TICKET DAY!** Get your Independence Day BBQ ticket. 9am  
 BBQ date is **Weds, July 1<sup>st</sup>** Tickets \$3 each  
*First come, first serve until tickets are exhausted.*  
*Must show scan card to get a ticket. One per person.*  
*No phone calls please.*
- Fri, June 12 **Lunch Trip: Castle Island, South Boston** \$2 10:00 am– 1:30 pm
- Mon, June 15 **Lunch Trip: Castle Island, South Boston** \$2 10:00 am – 1:30 pm
- Thurs, June 18 **-Father's Day Omelet Breakfast** \$2 8 am – 9am  
 See Hope, from Abbott House face off with Stacey flipping omelets to order!  
 \*Thank you Abbott House for sponsoring this delicious event!\*
- Joey Canzano- Entertainer 12pm
- Fri, June 19 **BROWN BAG: BOSTON FOOD BANK** 10:00 am – 12:00 pm
- Mon, June 22 **Field Trip:** Sr. MBTA Passes & lunch \$2 9:30 am – 2:30 pm
- Weds, June 24 **Lynn Council on Aging Board of Directors Meeting** 11:30 am
- Thurs, June 25 **FRIENDS of Lynn Council on Aging Meeting** 10 am
- Fri, June 26 **Field Trip: Peabody Essex Museum** \$2 9:30 am  
 Depart senior center 9:30am-Free admission to Museum- depart 12:30pm  
 Lunch on own at Salem Willows-depart 2pm
- Mon, June 29 **Field Trip: Cherry Farm Creamery Ice Cream** \$2 11:30 am- 2pm

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# JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Boneless pork chops/ gravy Garlic mashed potatoes Collard greens WW bread Fruit cocktail ALTERNATIVE	<b>2</b> Chicken teriyaki Brown rice Stir fry vegetables WW roll Banana ALTERNATIVE WW macaroni & cheese,salad	<b>3</b> Salmon/dill sauce Red potatoes Green peas Italian bread Gata cookie ALTERNATIVE Turkey/creole sauce	<b>4</b> Meatloaf/brown gravy Mashed sweet potatoes Salad /dressing WW bread Tapioca pudding ALTERNATIVE Chicharon frito(pork)	<b>5</b> Turkey Milanese Veg. rice pilaf Carrots Rye bread Chilled pears ALTERNATIVE Cheese lasagna/sauce
<b>8</b> Creole style fish Rice and beans Spinach WW bread Pudding ALTERNATIVE Egg and cheese sandwich, Seasoned potato wedges	<b>9</b> Roast pork loin/gravy Baked beans Salad/dressing Italian bread Banana ALTERNATIVE Baked tomato chili chicken, Yellow rice	<b>10</b> BBQ chicken Candied yams Broccoli WW bread Oatmeal cookie ALTERNATIVE Curried beef,broccoli Chipotle sweet potato	<b>11</b> WG baked pasta/ mozarella Tomato sauce Salad/dressing WW roll Chilled pine-apple ALTERNATIVE Fish sticks/tartar sauce Salad,dressing	<b>12</b> Roast beef sandwich/roll Lettuce/tomato Carrot raisin slaw Applesauce ALTERNATIVE Caribbean chicken, Brown rice and beans
<b>15</b> Roast turkey Florentine Crispy potatoes California blend veg. WW bread Vanilla pudding ALTERNATIVE Eggplant parmesan/WW pasta	<b>16</b> Meatballs/pasta Marinara sauce Salad/dressing Snack loaf Banana ALTERNATIVE Tilapia/tomatilla salsa	<b>17</b> Roast pork/gravy Mashed sweet potatoes Capri blend veg. Rye bread Chilled pears ALTERNATIVE Turkey/creole sauce	<b>18</b> Father's Day Special Chicken sausage/sub roll Peppers and onions Seasoned potato wedges Salad/cROUTONS Brownie	<b>19</b> Salmon/dill sauce Yellow rice Green beans WW bread Fruit cocktail ALTERNATIVE Rigatoni/tomato sauce
<b>22</b> Cheeseburger/ketchup Seasoned potato wedges Mixed vegetables Hamburger bun Chilled pears ALTERNATIVE Cerdo asado(pork)	<b>23</b> Turkey and cheese / Wheat bread/mayo Lettuce/tomato / mustard Cold broccoli salad Banana ALTERNATIVE	<b>24</b> Cheese tortellini/ meat sauce California blend veg WW roll Cake ALTERNATIVE Arroz con pollo(chicken)	<b>25</b> Lemon pepper pork Black eyed peas/brown rice Salad/dressing Rye bread Pudding ALTERNATIVE Caribbean style beef,yuca	<b>26</b> Rosemary chicken Red potatoes Green peas Apple muffin Peaches ALTERNATIVE Cheese lasagna/sauce
<b>29</b> New England style cod Sweet potato wedges Corn WW bread Pudding ALTERNATIVE Jerk chicken	<b>30</b> Beef hot dog/mustard Baked beans Salad/dressing Hot dog bun Banana ALTERNATIVE Latin pork/gravy,rice	<b>HAPPY FATHER'S DAY !</b>	Requested Donation \$2.00	<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>

# SENIOR CENTER ACTIVITIES • JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:00-11:00 COMPUTER CLASS #1
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	10:45-12:30 LUNCHEON
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	11:15-12:15 COMPUTER CLASS #2
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		11:30-12:15 EXERCISE CLASS
	12:00-2:45 POKENO			1:00-2:45 BINGO
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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## CASINO TRIPS

Departs from Lynn  
Senior Center

**Foxwoods \$28**

**7 am - 6:30 pm**

Tuesdays: June 9, Aug. 11,  
Oct. 13 & Nov. 10

**Sign up early!!**

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

*Bonus package:  
\$10 food coupon for retail food vendors  
or free buffet  
Plus \$10 bonus slot play added to your  
rewards card on the bus before entering casino.  
Remember to bring your rewards card!*



Casino Trips from Revere

**Mohegan Sun \$27 plus tip**

10 am depart Revere 6:30pm depart casino

**Jun 9 & 23**

**Twin River \$27 plus tip**

10 am depart Revere  
6:30pm depart casino

**Jun 11 & 25**

Casino Trips from **REVERE!**

**Now Express!! Straight run -  
no stops!**



**Call Elaine at 781-289-  
6144 for reservation,  
questions, and pick up location/  
parking.**

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

June 3	The Best Exotic Marigold Hotel	PG	2014	124 min
June 10	North by Northwest	NR	1959	136 min
June 17	The Hundred Foot Journey	PG	2014	122 min
June 24	Sabrina	PG	1995	127 min



Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



## COMPUTER CLASS NOTICE

The Lynn Senior Center welcomes our new computer class instructor, Livan Adames. Classes are limited to **8** students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Wednesdays**. Each series is **five weeks** long and costs **\$60**. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to: **LCOA, 8 Silsbee Street, Lynn, MA 01901**.

Expect a phone call confirming your registration.

**Questions?? Call Mayra 781-586-8546**

### COMPUTER CLASS DESCRIPTIONS:

**Introduction to Computers & Windows 7, Class #1** **10:00 a.m. – 11:00 a.m.**  
This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing. During this class, we will assist you in setting up an e-mail account and will cover some basics of internet.

**Next class: June 10th, June 17th, June 24th, July 8th & July 15th**

## Mark Your Calendars!



**JUNE 4<sup>th</sup> 11:30 am** North Shore Navigators SEND OFF from the Lynn Senior Center! Meet and greet the team- photo opps. Wish them luck as they head to their Opening Day away vs. Martha's Vineyard Sharks for their first game of the season!

**GO NAVS!** Facebook.com/nsnavs

**FREE PASSES AVAILABLE** while supplies last for **OPENING DAY** at Frasier Field, Lynn, Sat. June 6<sup>th</sup>

## The Kiosk for Living Well

Pedal Around Lynn at The Kiosk for Living Well!

See Lynn through the eyes of a bike rider! We have new videos of biking in the Lynn Woods Reservation and along the Lynnway – and all the way into Boston! It's a breeze for us to show you how you can pedal a virtual bike at your own pace without ever getting on a bike saddle! You'll feel like you're doing the bicycling yourself and you won't even break a sweat! Ask to visit the Lynn coastline or the woods of Lynn during any of our open hours.

Brenda the Million Hearts nurse will be at the Kiosk on Tuesday June 9th and Thursday June 25th from 9:30 -11:30 am. Sylvia, our MoveSafe Counselor, will lead groups or individuals through fall prevention techniques on Thursday June 4<sup>th</sup> from 9:00am to Noon.

**Come to the Kiosk! It's open every Tuesday and Thursday from 10:00 – Noon.**  
**Supervised Kiosk exercise classes also take place on Tuesdays and Wednesdays from 12:30 to 1:30.**



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## Wellness Watch June 2015

Days are now longer and the sun is getting hotter. It's time to prepare for the summer and that means learning the best possible ways to protect your skin. No matter what your previous protection strategies have been or your health history it is never too late to begin good skin care habits in the sun. Research shows that between 40-50% of Americans who live up to the age of 65 will have one type of non-melanoma skin cancer at least once. About 90% of non-melanoma skin cancers are associated with exposure to UV radiation from the sun. Therefore, using protection and staying out of the sun will greatly decrease the chances of being diagnosed with skin cancer. There is no single product or method that will guarantee protection against skin cancer. However, there is a combination of products and techniques that can be very effective. Below you will find many strategies to help your skin.

1. **Sunscreen** is the best product for your skin. Dermatologists recommend using a broad spectrum sunscreen with SPF 30 or higher applied daily. Using SPF 30 or higher has been proven to absorb 97% of harmful UV rays that are able to pass through clouds and glass. Make sure to reapply the sunscreen when sweating heavily or in water. It should also be reapplied every 2 hours if you are out in the sun for a prolonged time. Regular daily use of sunscreen reduces the risk of developing non-melanoma skin cancer by 40% and melanoma by 50%.
2. **Finding shade** is important throughout the entire day, but vital during peak sun hours which are between 10am and 4pm. Trees, umbrellas or canopies are great options for shade, but do not offer 100% protection. Staying out of direct sun exposure is a great method that will help protect your skin.
3. **Protective clothing** is another method to keep your skin safe in the sun. Clothes are reusable and provide full body coverage unlike sun screen that must be re-applied. A hat with a wide brim can protect the eyes, ears, face and back of the neck. Look for sunglasses that have 99-100% UV-A and UV-B protection which will greatly reduce eye damage from sun exposure. Long sleeve shirts and pants are an inexpensive option to protect the skin from excess sun exposure. It is best to choose loose fitting clothing made from tightly woven material.
4. **Medications** can often have side effects that increase the risks of sun exposure. The skin can have an increased sensitivity and sun exposure must be limited or avoided completely. Skin damage can include sunburn, blisters, rashes or swelling when out in the sun. Some medications to be cautious of include antibiotics, diuretics, antidepressants, anti-psychotics and anti-diabetics. Be sure to discuss these medications and their side effects with your doctor.

There is never any complete guarantee with any of these options, however choosing a combination of the techniques and products listed will greatly reduce your risk for skin cancer. As the weather warms up and being outside is much more enjoyable (The sun is a nice alternative to the many feet of snow from the winter) remember to protect your skin first!

*Kelsey Spotts*  
*Healthy Living Program Community Coordinator*



# Transportation

C	D	E	L	S	K	T	Y	L	E	M	A	C	M
V	A	N	L	C	N	A	E	G	S	K	I	S	O
E	H	N	U	E	C	O	A	K	O	T	E	A	T
W	N	R	O	H	V	I	W	E	C	D	I	B	O
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H	A	R	R	R	N	C	T	L	O	O	R	C	C
S	O	B	A	A	A	O	B	O	N	B	Y	Y	Y
K	B	C	M	L	M	R	G	D	R	R	I	C	C
C	S	K	A	T	E	B	O	A	R	D	T	L	L
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## ***Annual Independence Day BBQ Celebration***

***Lynn Council on Aging ~Annual Independence Day BBQ Celebration***

***WEDS, JULY 1<sup>st</sup>***

***11 am – 2pm***

***\$3 per person***

***\*Meal service starts promptly at 11 am and ends at 12pm\****

***Advance ticket sales start June 12<sup>th</sup> at 9 am***

***Senior center scan card required.***

***Sponsored by the FRIENDS of the LCOA***

***50/50 Raffle! Winner pulled at 1:00 p.m.***

***Live Entertainment "Four Guys in Tuxes"***

***RIDE travelers: Schedule your ride home for 2pm***



***\*Thank you to West Revere Health Center for your generosity in providing the ice cream sandwiches for our cookout! West Revere is a skilled nursing home located at 133 Salem St in Revere.\****

## ***Veterans to Washington D.C.***

Greater Lynn Senior Services and the Lynn Council on Aging have joined forces with local Veteran Service Offices and are planning a journey to Washington D.C. . The trip is planned for September 27<sup>th</sup> – September 30, 2015. We will travel by luxury coach tour bus spending four days and three nights with an itinerary that includes visiting the White House, the Capitol, and the Arlington National Cemetery and War Memorials. This tour package includes most meals, overnight stay, sightseeing tours and transportation plus gratuity for a reasonable price that will be determined once we seek sponsorship. Estimated price per traveler without a sponsor is \$500 or less pending final budget review. WWII Veterans take priority on the passenger roster. Medical releases to travel will be required. Veterans in need of assistance will be allowed to bring companions with prior approval at the same cost per person. Veterans will be required to provide a DD form 214. Companions must pass a background check.

If you are interested in donating to help assist Veterans on this journey, or specifically sponsor a veteran, please call Maureen Teal, project manager at 781-599-0110. If you are a veteran interested in joining us on the trip, call Mayra at 781-586-8546.



## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger  
~Dr. Harvey Berger

Thank you for your donation  
~ Sophie Karampoulis

Thank you for your generous donation  
and GE matching funds.  
~anonymous

In loving memory of my mother, Marianne DiFillippo  
~Florence DeFillippo Frasca

## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

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# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

## MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### BLOOD SUGAR & BLOOD PRESSURE

June 9th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.



### PODIATRIST

June 11th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card



### HEARING CLINIC

June 2nd

10:00 am—11:00 am



### MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



### LYNN COUNCIL ON AGING SENIOR CENTER

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